



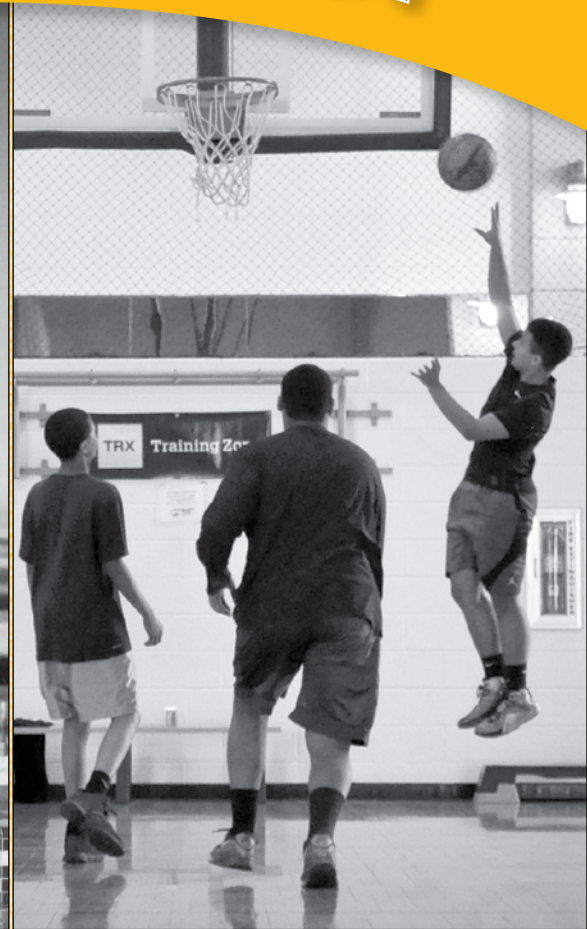
**WORLD'S LARGEST
SWIMMING LESSON FREE!**

Friday, June 24 • 10:00-10:30 a.m.

See page 15 for details



SUMMER 2016 PROGRAM GUIDE



Photos courtesy of Fine House Media

**ARTS &
PARKS 5K**
Saturday, July 16

REGISTRATION DATES

FC Members (All FC Programs) — Monday, June 6

Aquatics Programs — Wednesday, June 8

All Other Programs — Friday, June 10

Lower Paxton Township Parks and Recreation

5000 Commons Drive, Harrisburg, PA 17112 • Phone 717-657-5635 • www.friendshipcntr.com

WELCOME

Friendship Center

*Discover fun, new ways
to stay fit and active!*

Your Membership Includes —

- Unlimited Use of Facilities
- Many Free In-house Fitness Classes
- 25% Discount on other Center Programs
- Pools, Fitness Center, Gymnasium
- Free Babysitting (ages 3 months-8 years)
- Personal Fitness Training/Massage Therapy discounts
- Free Fitness Center Orientation
- Equipment Check-outs
- Locker/Locker Rooms
- Convenient Early Morning Hours
- Members Only Advance Registration

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HOURS OF OPERATION

Monday-Thursday	5:30 a.m. to 10 p.m.
Friday	5:30 a.m. to 9 p.m.
Saturday	7 a.m. to 7 p.m.
Sunday	12 p.m. to 6 p.m.

(Subject to change based on usage)

The center will be closed for maintenance Aug. 28-Sept. 3

HOLIDAY CLOSINGS

Thanksgiving Day, Christmas Day

New Year's Day, Easter Sunday

Special Hours (5:30 a.m.-2:00 p.m.)

Memorial Day (Monday), July 4

Labor Day, Christmas Eve, New Year's Eve

INCLEMENT WEATHER

For closure information due to severe weather, please call the Center for details and re-opening information.

Closures will be announced on radio stations WNNK 104.1, WRVV 97.3, and WITF 89.5 FM. and on television at WHTM 27, WGAL 8, and WHP 21.

PROGRAM CANCELLATION

If a program other than preschool is cancelled due to severe weather, participants will be contacted by staff. Preschool programs follow Central Dauphin School District's decisions; details provided by teachers. See additional program notes on page 4.

MEMBERSHIP CARDS

For the protection of your membership, all members **MUST** present their membership card when entering the facility.

RENTALS

The Friendship Center is interested in hosting a wide variety of events. Facilities are available for parties, business meetings, community organizations, sporting events, seminars, and more. For more information on what space is available, rental fees, and specific arrangements, contact the Parks and Recreation Department at 657-5635. (See special packages information on page 16)

CORPORATE MEMBERSHIP

All businesses are invited to encourage employees to join the Friendship Center. As annual members, each employee will receive a reduced rate. A complete policy statement and more information are available by contacting the Parks and Recreation Department at 657-5635.

ANNUAL MEMBER

Discounts and Payments

An annual membership entitles the holder use of the locker rooms, gymnasium, walking track, sun deck, natatorium, fitness center, and social hall. An annual membership is valid for one year from the purchase date and is non-transferable. Membership card must be presented whenever entering the facility.

- Lower Paxton Township residents — discounted rate for an annual membership.
- Friendship Center annual members receive program discounts and free fitness classes.
- Free babysitting for annual members while using the Center.
- Reciprocal discounts available for members of Koons Pool.
- Payment in full by cash, check, Visa, MasterCard, or Debit.
- Monthly bank draft available.



NO INITIATION FEES

2016 Membership Rates

Categories

Youth/Student (13+ OR

Full-Time College Student up to 22 years)

Adult Single (18+)

Adult Couple/Single Parent Family

Family

Senior Single (60+)

Senior Couple

Lower Paxton Township Resident

Discount Rate

\$17.77/mo. (\$213 yr.)

\$40.63/mo. (\$488 yr.)

\$56.53/mo. (\$678 yr.)

\$63.84/mo. (\$766 yr.)

\$30.60/mo. (\$367 yr.)

\$45.22/mo. (\$543 yr.)

Regular Rate

\$19.30/mo. (\$232 yr.)

\$44.88/mo. (\$539 yr.)

\$62.31/mo. (\$748 yr.)

\$70.81/mo. (\$850 yr.)

\$33.58/mo. (\$403 yr.)

\$50.32/mo. (\$604 yr.)

MEMBERSHIP CATEGORIES

- **Youth/Student** — 13-17 years of age. Full-time college students up to 22 years of age.
- **Adult Single** — Individuals age 18 and over.
- **Adult Couple** — Both adults must be 18 years of age or older and living in the same household.
- **Single Parent Family** — Single parent and all dependent children up to 18 years old or full-time students up to 26 years old in the same household.
- **Family** — Two parents and all dependent children up to 18 years old or full-time students up to 26 years old in the same household.
- **Senior Single** — Individual age 60 or older.
- **Senior Couple** — One adult must be 60 years of age or older and living in the same household.
- **Health Insurance Memberships** — We participate in Silver & Fit, Silver Sneakers, Forever Fit, Global Fit and Prime.

PASS INFORMATION

3, 6, 9 month memberships — Payments must be received in full and in advance.

***GUEST PASS** — \$10 adults/\$7 children. Members may bring a guest(s) by purchasing a Guest Pass. Valid one day. Non-transferrable. Photo ID required!

***DAILY WALK-IN PASS** — **\$13 daily before 4 p.m.; \$15 daily after 4 p.m., weekends and holidays.** Non-members may purchase a pass to use the Friendship Center. The pass is valid for one day and is non-transferable. Photo ID required!

*Guest/Daily Passes from Nov. 1-March 31 are limited to 5 visits per person.

*** Walk-In Class Pass — \$8.00** — See page 20 for a schedule of classes that are available for walk-in visits, \$8 per class. (Class minimum must be met.) Must sign in at service desk to receive a Class Pass! Present Pass to Instructor. Spaces in many classes are limited and class walk-in may not be available.

FRIENDSHIP CENTER & PARKS & RECREATION HIGHLIGHTS

~ IMPORTANT ~ MAILING INFORMATION

We are updating our mailing list for the Lower Paxton Township Parks and Recreation Program Guide. If you are not a Lower Paxton Township Resident, but currently receive the Program Guide, and would like to remain on the mailing list for future Guides, please return this form by July 1, 2016.

Name: _____

Address: _____

EMAIL: _____

Please return to: Lower Paxton Township Parks and Recreation,
5000 Commons Drive, Harrisburg, PA 17112

LET'S GET CONNECTED!



Subscribe to Email Updates:
go to Friendshipcntr.com

Facebook:



Friendship Center/Lower Paxton
Township Parks & Recreation

Twitter: @friendshipcntr



Special Program Notes

- ◆ Pre-registration for all programs is required and should be done at least one week prior to the activity. Waiting lists are established if activities become full.
- ◆ Members must pre-register for selected free classes.
- ◆ Classes have a minimum / maximum number of participants. Space is on a first come, first serve basis. Schedule subject to change at management's discretion.
- ◆ The registration deadline for a multi-session program is after the second class of the session.
- ◆ Walk-ins must sign in at the service desk to receive a class pass! Present pass to Instructor. Spaces in **many classes are limited and class walk-in may not be available.**
- ◆ All non-member program participants **MUST** present a program participation card (distributed on the first day of class) each time they enter the facility for a class. **Lost program cards are subject to a \$10.00 fee.** Members registered for a program can present their membership card at the service desk for entry into the facility.
- ◆ Make-up classes or switching of classes are not permitted unless approved by staff.

(PROGRAM REGISTRATION DATES AND PROCEDURES ON PAGE 19)

FRIENDSHIP CENTER MEMBERS

RECEIVE \$25

➡ REFER A FRIEND ➡

**BRING FAMILY & FRIENDS
TO YOUR HOME AWAY FROM HOME —
THE FRIENDSHIP CENTER!**

If you refer a new annual member, you will receive a \$25 gift certificate towards programs or membership three months after the new membership starts.

**Must present coupon/member when joining.
See Service Desk for additional information.**

ANNUAL MEMBERSHIP ONLY. NOT REDEEMABLE FOR CASH.

We proudly participate
in health insurance programs:
**SILVER AND FIT™
SILVER SNEAKERS,
FOREVER FIT, PRIME,
& GLOBAL FIT**

*Find out if your insurance covers a membership
to the Friendship Center — 657-5635*

Summer Day Camp!

Campers build friendships while enjoying recreational swimming, social activities, arts and crafts, reading, fun sport competitions, organized games, theme weeks and field trips*.

Dates: Mon.-Fri. • 7 a.m.- 6 p.m., June 13 - Aug. 19

Ages 5-11 — Friendship Center
(must have completed Kindergarten)

Ages 12-14 — Colonial Park UCC

Weekly Fee: \$130M / \$150R / \$155NR

*Field trips are optional, at additional cost.

Space is limited! Call 657-5635, ext. 103 for details.

FRIENDSHIP FRIDAYS FIRST FRIDAY OF EACH MONTH

*Members of the Center celebrate with complimentary coffee.
Bring a friend (18+) for FREE and enjoy!*

Friday, June 3 • Friday, July 1 • Friday, August 5

*All friends must have photo identification.
Non member guest limit one visit per 6 months.*

FRIENDSHIP CENTER & PARKS & RECREATION HIGHLIGHTS



3rd Annual Arts & Parks 5K Run and Walk

Saturday, July 16 (8:00 a.m. Start)

Registration begins at 6:30 a.m. ~ Start/Finish at the Friendship Center
Race information available at the Friendship Center and www.friendshipcntr.com

Fees: \$20 Pre-registered / \$25 Race Day



Additional Sponsors:
Triangle Press,
Drayer Physical Therapy Inst.,
FedExOffice

Summer Playground Program

The Playground Program runs from 9 a.m.-12 noon. Pre-school programs for ages 3-5 years as follows: Mon. and Wed. - Kohl Park; Tues. and Thurs. - Koons and Brightbill Parks. A \$1.00 fee is collected each preschool day. Youth programs for ages 6-12 years meet Mon. through Fri. at Lamplight, Koons and Brightbill Parks. A \$1.50 craft fee is collected weekly. One time yearly non-refundable registration fee is \$30, payable on first day of attendance.

Dates: June 13-Aug. 5 (Closed July 4)

"THANK YOU"

POSSIBILITY PLACE SPRING "REFRESH" VOLUNTEERS & DONORS

Colonial Park Rotary Club • Home Depot
Ecumenical Retirement Community
Keystone Correctional Services Volunteers
Other Community Volunteers

~ SAVE THE DATE! ~

BOOK CLUB

Tuesday, May 24 at 7 p.m. (see page 12)

FAMILY MOVIE NIGHT

Friday, June 24 at 7 p.m. (see page 12)

NATIONAL NIGHT OUT

Tuesday, August 2 at 5-8 p.m. at George Park

LPPD MINUTE MAN GAMES

Sunday, August 28, 9 a.m. at Brightbill Park

FOOD TRUCK NIGHT AT COLONIAL PARK MALL

Friday, September 2 at 4 p.m.

FC OPEN HOUSE/YARD SALE

Saturday, September 10 at 9 a.m.-noon

2016 TGIF SUMMER CONCERT SERIES

FREE CONCERTS FILL THE NEW
HEROES GROVE AMPHITHEATER
WITH GREAT MUSIC ON SELECTED
FRIDAYS, FROM 7:00-8:30 P.M.

The concerts are made possible by local sponsors and
Lower Paxton Twp. Parks & Recreation

JUNE 17 — LOWER PAXTON VARIETY BAND

(June 17 — Heroes Grove Ribbon Cutting 6 p.m.)

JULY 15 — THE LITTLE BROTHER BAND / MR. MUSIC

(Sponsored by Enders Insurance)

JULY 29 — NEW DIRECTION

(Sponsored by Hoffman Ford)

AUGUST 19 — STEVE RUDOLPH

(Sponsored by Sprint)

New Location!



Heroes Grove, 5010 Commons Dr., Harrisburg

PRESCHOOL ACTIVITIES

~ IMPORTANT! ~ FALL 2016 PRESCHOOL PROGRAMS EARLY REGISTRATION

9 MONTH SCHOOL YEAR WITH *MONTHLY DUES

Must register in person at the Friendship Center.

ALL CHILDREN NEED TO BE OF AGE BY 9/1/16

Morning Fun Time (Ages 2½-3)

Mon./Wed., 9:30-11:30 a.m. (9/7/16-5/31/17) (#18933)

Fee (monthly): \$82.90R/\$86.50NR/\$67.60M

Preschool Pals (Ages 3-4)

A. Tues./Thu., 9:30 a.m.-noon (9/6/16-6/1/17) (#18934)

B. Tues./Thu., 1:00-3:30 p.m. (9/6/16-6/1/17) (#18935)

Fee (monthly): \$92.80R/\$97.30NR/\$78.40M

Learning Fun Pre-K Class (Ages 4-5)

A. Mon./Wed./Fri., 9:30 a.m.-noon (9/7/16-6/2/17) (#18931)

B. Tues./Wed./Thu., 1:00-3:30 p.m. (9/6/16-6/1/17) (#18932)

Fee: (monthly) \$127.90R/\$131.50NR/\$105.40M

Fun For One (Ages 12-24 mos. w/parent)

A. Tues., 9:30-10:30 a.m. (9/6/16-5/30/17) (#18939)

B. Fri., 11 a.m.-noon (9/9/16-6/2/17) (#18940)

Fee (monthly): \$27.10R/\$28.90NR/\$22.60M

Double Play (Ages 2-3 w/parent)

A. Tues., 10:45 a.m.-noon (9/6/16-5/30/17) (#18937)

B. Fri., 9:30-10:45 a.m. (9/9/16-6/2/17) (#18938)

Fee (monthly): \$30.70R/\$32.50NR/\$26.20M

Twos Together (Age 2)

Thur., 9:30-11:30 a.m. (9/8/16-6/1/17) (#18936)

Fee (monthly): \$40.60R/\$43.30NR/\$35.20M

*Payment Policy: Monthly Bankdraft

First month's fee is due with pre-registration form, payable by cash, check or VISA/MC. Remaining payments will be deducted electronically from a checking or savings account on the 1st of each month from September through May. There will be NO REFUND.

For details call 657-5635, ext.112.

SUMMER CLASSES

Summer Fun Time w/ Nadzia (12 classes)

This program features participation in crafts, songs, games and play activities. **Prerequisite: Child must be comfortable with separating from parent.**

For Ages 4-5 years:

Mon./Wed., 9:30-11:30 a.m., June 20-July 27 (#19309)

For Ages 2-3 years:

Tues./Thur., 9:30-11:30 a.m., June 21-July 28 (#19308)

Location: Friendship Center, Room 106

Fee: \$95R/\$105NR/\$80M

Introduction to Gymnastics w/Hbg. Gymnastics (Ages 18 mos.-3½) (8 classes)

Intro to basic tumbling and gymnastics. Parent's assistance is required.

Dates: Thurs., 9-9:40 a.m., June 16-Aug. 4

Location: Friendship Center, Gym #2

Fee: \$88R/\$91NR/\$70M (#19325)

Preschool Dance w/HAD (Ages 3½-6)

An intro to dance using ballet, tap, floor stretches and dance moves in a fun, easy class.

Dates: Wed., 6-6:50 p.m., July 6-Aug. 10

Location: Harrisburg Academy of Dance, 4409 Locust Ln.

Fee: \$55R/\$58NR (6 classes) (#19413)

Petite Picasso w/Tavia (Ages 4-6) (5 classes)

Young artists unleash their creativity as they study famous artists, learn about the elements of design, and explore a wide variety of art methods. Dress for an art-making mess!

Dates: Mon.-Fri., 9:15-10:15 a.m., Aug. 15-19

Location: Friendship Center, Room 106

Fee: \$72R/\$75NR/\$60M (#19426)

Tiger Tots Tae Kwon Do (Ages 3-5) (6 classes)

Basics for beginners: work on concentration, motor skills and positive behavior applications along with fun.

Ages 3-4: Mon., 3:15-4 p.m., June 27-Aug. 8 (#19395)

Ages 4-5: Tues., 4-4:45 p.m., June 28-Aug. 2 (#19394)

Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

Fee: \$35R/\$38NR

Batter UP! Baseball Camp w/Ricardo (Ages 4½-6)

Fielding, hitting, and base running basics.

Dates: Sat., 10-11 a.m., July 2-16 (#19389)

Sat., 10-11 a.m., Aug. 6-20 (#19390)

Location: Kohl Park

Fee: \$45R/\$50NR (3 classes)

Smurfs Soccer Camp w/Ricardo (Ages 3½-6) (3 classes)

(Must be age 3 as of 1/1/16) Dribbling, passing, shooting, goalkeeping fun.

Dates: Sat., 9-10 a.m., July 2-16 (#19387)

Sat., 9-10 a.m., Aug. 6-20 (#19388)

Location: Kohl Park

Fee: \$45R/\$50NR

Zumba Kids Jr. w/Lynn (Ages 4-7) (6 classes)

Zumba for kids! Fun and fitness all in one!

Dates: Tues., 5:45-6:15 p.m., June 28-Aug. 2

Location: Friendship Center, Room 118

Fee: \$42R/\$45NR/Members free! (#19412)

PRESCHOOL ACTIVITIES (CONT.)

YOUTH & TEEN ACTIVITIES

FREE!

**WORLD'S LARGEST SWIMMING LESSON!
(AGES 4 AND UP)**

Be part of the WLSL Guinness Book
of World Records attempt
on Friday, June 24 at 10 a.m.
at the Friendship Center! See page 15

Little Aces Tennis w/Mo C. (Ages 5-6) (4 classes)

A fun intro to fundamental ABC's (agility, balance, and coordination); foam and Lo-bounce balls are used to build confidence and increase success. Bring a racquet & water.

Session I: *Sat., & Tues., 9:15-10 a.m., June 11, 14, 21, 28 (#19376) *Can register now!

Session II: Wed., 9:15-10 a.m., July 6-27 (#19377)

Location: Brightbill Park

Fee: \$45R/\$50NR

Biddy Basketball (Ages 5-7) (8 classes)

An instructional program with mini-games each week.

Dates: Tues., 6-7 p.m., June 7-July 26

Location: Brightbill Park

Fee: \$60R/\$63NR (#19154)

UK Kickers Soccer Camp (Ages 3-4) (5 classes)

An introductory program for kids to have fun with the ball while introducing them to the game. Bring shin guards and water bottle. Includes UK Camp shirt, ball, and evaluation. Specify shirt size on registration.

Dates: Mon.-Fri., 9-10 a.m., Aug. 8-12

Location: Brightbill Park

Fee: \$65R/\$70NR (#19399)

UK Nipper Soccer Camp (Ages 5-6) (5 classes)

Non-competitive program. Have fun while learning and enhancing skills. Introduce and develop basic techniques. Bring shin guards/water bottle. Includes UK Camp shirt and ball. Specify shirt size on registration.

Dates: Mon.-Fri., 10 a.m.-12 p.m., Aug. 8-12

Location: Brightbill Park

Fee: \$85R/\$90NR (#19400)

**THE FRIENDSHIP CENTER
WILL BE CLOSED
FOR MAINTENANCE
AUGUST 28-SEPTEMBER 3**

Gymnastics for Youth w/Hbg. Gymnastics (Ages 4-10) (8 classes)

Many activities: vault, beam, and tumbling. Children will improve coordination, strength and flexibility.

Dates: Thurs., 9:45-10:30 a.m., June 16-Aug. 4

Location: Friendship Center, Gym #2

Fee: \$88R/\$91NR/\$70M (#19326)

Youth Express w/Julie (Ages 6-10)

Fun and action packed exercises to keep them moving while building strength, balance and coordination.

Dates: Sat., 9:30-10:15 a.m., July 9-Aug. 27

Location: Friendship Center, Room 118

Fee: \$46R/\$49NR/Members free! (8 classes) (#19405)

Beginner Youth Jazz w/HAD (Ages 8½-15)

Learn the basics of jazz dancing to contemporary pop music; a variety of jazz styles incorporate strength, stretching, balance and movements across the floor.

Dates: Wed., 5-6 p.m., July 6-Aug. 10

Location: Harrisburg Academy of Dance, 4409 Locust Ln.

Fee: \$61R/\$64NR (6 classes) (#19391)

Kidding Around Yoga w/Erika (Ages 6-10)

"KAY" incorporates cardiovascular conditioning, fun, music, plus traditional Yoga benefits; breathing techniques, peace, and deep relaxation.

Dates: Tues., 5:30-6:30 p.m., June 28-Aug. 16

Location: Friendship Center, Room 106

Fee: \$46R/\$49NR/Members free! (8 classes) (#19355)

Beginner Ballet w/Open Barre (YDC) (Ages 6-14)

Ages 6-10: Focusing on basic ballet skills, drills, and barre exercises.

Session I: Sat., 12-12:50 p.m., July 9-30 (#19440)

Session II: Sat., 12-12:50 p.m., Aug. 6-27 (#19441)

Ages 9-14: Intense beginner ballet skills and drills focusing on solid technique, barre exercises, leaps, turns and choreography.

Session I: Sat., 1-1:50 p.m., July 9-30 (#19442)

Session II: Sat., 1-1:50 p.m., Aug. 6-27 (#19443)

Required: Leotard, hair pulled up and pinned away from face

Location: Friendship Center, Room 118

Fee: \$47R/\$50NR/\$38M (4 classes)

Pee Wee Golf w/Bumble Bee (Ages 5-9) (4 classes)

Taught by age-specific instructors in an enjoyable, non-threatening atmosphere.

Dates: Tues., 11:30 a.m.-12 p.m., July 5-26 (#19140)

Wed., 6-6:30 p.m., Aug. 3-24 (#19141)

Location: Bumble Bee Hollow

Fee: \$60R/\$63NR

YOUTH AND TEEN (CONT.)

UK Youth Soccer Camp (Ages 7-14) (5 classes)

Learn fundamental soccer techniques and game play. Individual skill development with a curriculum specific to age and ability. Bring shin guards and water bottle. Includes UK Camp shirt and ball. Specify shirt size on registration.

Dates: Mon.-Fri., 9 a.m.-1 p.m., Aug. 8-12

Location: Brightbill Park

Fee: \$125R/\$130NR (#19375)

Junior Golf (Ages 10-15) (4 classes)

Progressive and fun series that covers all aspects of the game from putting to full swing.

Dates: Sat., 10-11 a.m., May 28-June 18 (#19142)

Sat., 2-3 p.m., July 9-30 (#19143)

Fri., 11 a.m.-12 p.m., July 29-Aug. 19 (#19144)

Sat., 12-1 p.m., Sept. 3-24 (#19145)

Location: Bumble Bee Hollow

Fee: \$60R/\$63NR

Fundamentals of Hoops w/Josiah (Ages 5-12)

Learn the basics which assist in developing a great player.

Ages 5-7: Wed., 5:15-6 p.m., June 29-Aug. 17 (#19446)

Ages 8-12: Wed., 6-6:45 p.m., June 29-Aug. 17 (#19445)

Location: Friendship Center, Gym #3

Fees: \$70R/\$73NR/\$55M (8 classes)

Individual Basketball Instruction w/Lenny (6-40 minute lessons)

Instructor available to provide individual instruction.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Gym

Private: \$155R/\$160NR/\$135M per person (#19356)

Semi-Private (max 2): \$130R/\$135NR/\$110M pp (#19359)

Individual Agility & Basketball Conditioning Training w/Josiah (6-40 minute lessons)

Conditioning, agility, movement on court, footwork & shooting skills.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Gym and Fitness Center

Private: \$155R/\$160NR/\$135M per person (#19362)

Semi-Private (max 2): \$130R/\$135NR/\$110M pp (#19364)

***Tri-group (per person):** \$102R/\$107NR/\$82M (#19366)

***Group-Private (class of 4):** \$90R/\$95NR/\$72M per person (#19368) (*must register as group)

Intro to Tae Kwon Do (Ages 6-13) (6 classes)

Develop basic techniques plus self-defense, focus, leadership, discipline, and following directions while having fun.

Dates: Tues., 6:15-7 p.m., June 28-Aug. 2

Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

Fee: \$47R/\$52NR (#19393)

Youth Beginner Tennis w/Mo C. (Ages 6-9) (4 classes)

Sharpen player's agility, balance, and coordination, and develop movement skills. Bring a racquet & water.

Session 1: *Sat. & Tues., 10-11 a.m., June 11, 14, 21, 28 (#19378) *Can register now!

Session II: Weds., 10-11 a.m., July 6-27 (#19379)

Location: Brightbill Park

Fee: \$50R/\$55NR

Youth Beginner/Advanced Beginner Tennis w/Mo C. (Ages 10-14) (4 classes)

Tennis basics and stroke techniques; low-pressure games used to apply lessons learned. Bring racquet & water.

Session 1: *Fri. & Mons., 9:15-10:15 a.m., June 10, 13, 20, 27 (#19380) *Can register now!

Session II: Tues., 9:15-10:15 a.m., July 5-26 (#19381)

Location: Brightbill Park

Fee: \$50R/\$55NR

Youth Intermediate Tennis w/Mo C. (Ages 10-14) (4 classes)

Develop stroke techniques; low-pressure, competitive games used to apply lessons learned. Bring racquet & water.

Session 1: *Fri. & Mons., 10:15-11:15 a.m., June 10, 13, 20, 27 (#19382) *Can register now!

Session II: Tues., 10:15-11:15 a.m., July 5-26 (#19383)

Location: Brightbill Park

Fee: \$50R/\$55NR

Youth Tennis Camp w/Mo C. (Ages 7-14) (4 classes)

Develop skills with individual and small group instruction. Competitive (low pressure) match play with end of camp tournament. Bring racquet & water.

Dates: Mon.-Thur., 9 a.m.- noon, Aug. 22-25

Location: Brightbill Park

Fee: \$125R/130NR (#19384)

Individual Tennis Instruction w/Mo C. (Ages 5+) (4-60 minute lessons)

Instructor available to provide individual instruction.

Dates: By arrangement, registrants will be contacted.

Location: Brightbill Park

Private: \$180R/\$185NR per person (#19370)

Semi-Private: (max 2): \$120R/\$125NR per person (#19371)

Summer Soccer League w/Coach Ricardo (Ages 4-18)

Practice and game play on skill balanced teams.

Dates: Sat. a.m. & Sun. eves., (times TBA), June 12, 18, 25, July 10, 16, 17

Location: Lingle Park

Fee: \$55R/\$60NR (6 Games) (#19444)



YOUTH & ADULT ART CLASSES

**REGISTER FOR YOUR
FAVORITE CLASSES ONLINE!**
www.friendshipcntr.com

Knit, Stitch, Weave! w/Tavia (Ages 6-12) (5 classes)

Embroider an original design onto a pillow, finger knit to create a giant bubble wand, weave a bookmark and more! Explore textile art from around the world while discovering how relaxing and fun it can be for yourself!

Dates: Mon.-Fri., 11 a.m.-12 p.m., Aug. 8-12

Location: Friendship Center, Room 106

Fee: \$69R/\$72NR/\$58M (#19425)

Tree House Architecture w/Tavia (Ages 7-12)

Learn about architecture and design while building your own unique toy-sized tree house!

Dates: Mon.-Fri., 9:15-10:45 a.m., Aug. 8-12

Location: Friendship Center, Room 106

Fee: \$80R/\$83NR/\$68M (5 classes) (#19424)

Making Miniatures w/Tavia (Ages 7-12) (5 classes)

Create a fun variety of miniature furniture, food, and other accessories for display or imaginative play with your favorite dolls or action figures.

Dates: Mon.-Fri., 10:45 a.m.-12 p.m., Aug. 15-19

Location: Friendship Center, Room 106

Fee: \$76R/\$79NR/\$64M (#19423)

ADULT ARTS & CRAFTS

Painting w/Jonathan (10 classes)

Group instruction is on oil paint but Jonathan will work individually with other mediums. Sketching, color mixing and painting techniques. Instructor provides oil painting supplies for the first 2 classes. For all levels.

Dates: Tues., 6:50-8:50 p.m., June 28-Sept. 6

Location: Friendship Center, Room 109

Fee: \$96R/\$99NR/\$80M (#19435)

CERTIFICATION CLASSES

American Red Cross Babysitting Certification

For ages 11 and up. Must attend all classes and pass test. Certified sitters' names may be kept on file for future sitter references. Good for kids home alone!

A. Mon., Wed., Thur., 6-9 p.m., July 25, 27, 28 plus test date Fri., July 29, 7-8:30 p.m. (#19310)

B. Tues., Wed., Thur., 9 a.m.-noon, Aug. 2, 3, 4 plus test date Fri., Aug. 5, 9-10:30 a.m. (#19311)

Location: Friendship Center, Room 106

Fee: \$65R/\$70NR/\$53M



CPR/BLS/AED w/South Central EMS (Ages 15+)

If you need certification for your employment or are a healthcare provider, this is the course for you. Adult and pediatric CPR, two rescuer scenarios, use of bag valve mask, AED, and barrier devices. Certification card issued for successfully completing a written and skills exam.

Date: Wednesday, June 22, 6-9 p.m.

Location: Friendship Center, Room 106

Fee: \$55R/\$58NR/\$45M (#19352)

Heartsaver Community CPR w/South Central EMS (Ages 15+)

For all members of the community; hands-on skills in a low stress environment. CPR, AED use, and relief of choking for adults, children and infants.

Date: Thursday, June 23, 6-9 p.m.

Location: Friendship Center, Room 106

Fee: \$48R/\$51NR/\$40M (#19351)

**SHALLOW WATER
LIFEGUARDING CERTIFICATION**
(See page 15)

LOWER PAXTON TOWNSHIP NATIONAL NIGHT OUT FOR PUBLIC SAFETY

**Tuesday, August 2
5:00-8:00 p.m.
at George Park**



BODY PUMP™ / SPIN

Body Pump™ (Ages 18+) (10 classes)

A Les Mills program challenging all your major muscle groups. A great workout that tones & builds lean muscle.

Dates: *Mon., 7-8 p.m., June 27-Sept. 19 (C) (#19419)

Tues., 9-10 a.m., June 28-Sept. 6 (MJ) (#19417)

Wed., 7:15-8:15 p.m., June 29-Sept. 7 (J) (#19416)

Thurs., 4:30-5:30 p.m., June 30-Sept. 8 (J) (#19415)

Instructor Code: (C) Carly, (J) Jodie, (MJ) May Jo

Location: Friendship Center, Room 118, *East Annex

Fee: \$60R/\$63NR/\$40M

Intro to Spin w/Denise (Ages 16+)

Learn bike adjustment and find out what it's all about!

Date: Tues., 6-6:40 p.m., June 21

Location: Friendship Center, Room 115

Fee: \$5R/\$8NR/Members free! (#19404)

Spin Bootcamp w/Denise (10 classes)

This high intensity workout consists of active/dynamic warm-ups, resistance/weight/functional fitness training, spin endurance (sprints/hills) and a cool down/stretch.

Dates: Mon., 7-8 p.m., June 27-Sept. 19

Location: Friendship Center, Room 118/115

Fee: \$60R/\$63NR/Members free! (#19420)

Spinning™ (Ages 16+)

Spinning is an awesome low impact workout — limited space!

Dates: Mon., 5:30-6:15 p.m., June 27-Sept. 19 (C) (#19428)

Tues., 6:15-7 p.m., June 28-Sept. 6 (R) (#19340)

Wed., 7-7:45 p.m., June 30-Sept. 7 (C) (#19341)

Thurs., 6:15-7 p.m., June 30-Sept. 8 (R) (#19339)

Fee: 1/week (45 mins.) \$60R/\$63NR/Members free!

Dates: (2 days per week) (20 classes-45 mins.)

Tues./Thurs., 5:45-6:30 a.m., June 28-Sept. 8 (MJ) (#19338)

Fee: 2/week (45 mins.) \$80R/\$83NR/Members free!

Location: Friendship Center, Room 115

Instructor code: (MJ) Mary Jo, (R) Roxane, (C) Carly

Senior Spin (Ages 50+) (20 classes)

For seniors and/or active adults.

Dates: Mon./Wed., 8:30-9:15 a.m., June 27-Sept. 14 (#19314)

Fri., 8:30-9:15 a.m., July 1-Sept. 9 (#19315) (10 classes)

Location: Friendship Center, Room 115

Fee: \$80R/\$83NR/Members free! (2 day) (Mon./Wed.)

Fee: \$60R/\$63NR/Members free! (1 day) (Fri.)

Spinning w/Karen (Ages 16+) (20 classes)

Build up strength/endurance/burn over 600 calories per hour.

Dates: Mon./Fri., 9:30-10:30 a.m., June 27-Sep. 16

Location: Friendship Center, Room 115

Fee: \$84R/\$87NR/\$70M (#19342)

YOGA / PILATES

Intro to Barre w/Ashley (Ages 16+)

Barre is a fusion of ballet inspired moves, Pilates, yoga and strength training. Free sample class - give it a try!

Date: Thurs., 6-7 p.m., June 23

Location: Friendship Center, Room 118

Fee: Free! Must Pre-register (#19437)

Barre w. Ashley (6 classes)

Barre is a fusion of ballet inspired moves, Pilates, yoga and strength training. You'll use a chair back as the Barre, your own body weight, mini balls and light hand weights to sculpt, stretch and tone your entire body.

Dates: Thurs., 6-7 p.m., Jun. 30-Aug. 4

Location: Friendship Center, Room 118

Fee: \$51R/\$56NR/\$41M (#19438)

Friendship FREE Fitness Schedule

(See page 20)

Look for the Friendship Frog 
For Member FREE Classes!

Beginner Yoga (10 classes)

Learn basic yoga postures: sitting, standing and lying down. Emphasis on breathing and alignment. Bring a yoga mat.

Dates: Tues., 10-11 a.m., June 28-Sept. 6 (A) (#19353)

*Thurs., 5:30-6:30 p.m., June 30-Sept. 8 (V) (#19354)

Instructor Code: (A) Ashley, (V) Venus

Location: Friendship Center, Room 118 /*East Annex

Fee: \$75R/\$78NR/Members free!

Gentle Yoga w/Sharon (10 classes)

Slower paced mat class using standing and seated positions. Learn safe alignment and modifications to help you gain strength, endurance and balance as well as stress relief & relaxation. Bring a yoga mat, block, strap & towel.

Dates: Wed., 2-3 p.m., June 29-Sept. 7

Location: Friendship Center, Room 118

Fee: \$75R/\$78NR/Members free! (#19403)

Mixed Level Yoga (10 classes)

A Flow Vinyasa Yoga class that builds strength and challenges flexibility and balance. Bring a yoga mat.

Dates: Sun., 12-1 p.m., June 26 - Sept. 4 (V) (#19349)

*Tues., 5:30-6:30 p.m., June 28 - Sept. 6 (G) (#19347)

Thurs., 9-10 a.m., June 30 - Sept. 8 (A) (#19348)

Instructor Code: (V) Venus, (G) Gina, (A) Ashley

Location: Friendship Center, *East Annex/Room 118

Fee: \$75R/\$78NR/Members free!

THE FRIENDSHIP CENTER WILL BE CLOSED FOR MAINTENANCE AUG. 28-SEPT. 3

AEROBICS / ZUMBA / FITNESS/ TRX (CONT.)

Metabolic Express Workout w/Mindy

Short 40 minute high intensity explosive circuit workout. Burn up to 500+ calories. Modifications demonstrated to suit all levels of intensity. Give it a try!

Dates: Tues., 5:00-5:40 p.m., June 28-Sept. 6 (#19421)

*Thurs., 5:00-5:40 p.m., June 30-Sept. 8 (#19422)

Location: Friendship Center, Room 118 / *Gym 2

Fee: \$60R/\$63NR/Members free! (10 classes)

FC -X Live! w/Greg (10 classes)

Challenging full body strength training for cardio, upper, lower & core. Multi-faceted resistance & functional training regimen; modifiable for all fitness levels.

Dates: Wed., 6:30-7:25 p.m., June 29-Sept. 7

Location: Friendship Center, East Annex

Fee: \$60R/\$63NR/Members free! (#19427)

Low Impact w/Lynn (10 classes)

High energy, low impact moves.

Dates: Mon., 4:30-5:30 p.m., June 27-Sept. 19

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/Members free! (#19346)

50+ Fitness w/Denise (10 classes)

Cardio/resistance training to stay fit or get in shape.

Dates: Mon., 6-6:45 p.m., June 27-Sept. 19

Location: Friendship Center, East Annex

Fee: \$60R/\$63NR/Members free! (#19345)

Combo w/Keli (20 classes)

A mixture of aerobics and/or step with toning, sculpting and/or weight training.

Dates: Mon./Wed., 6-7 p.m., June 27-Sept. 14

Location: Friendship Center, Room 118

Fee: \$80R/\$83NR/Members free! (#19321)

Abs, Back & Legs w/Keli (10 classes)

Intense workout focused on strengthening abs, back, & legs.

Dates: Mon., 7-8 p.m., June 27-Sept. 19

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/Members free! (#19320)

Fit Mix w/Janeal (20 classes)

A challenging combo of cardio/strength/agility training.

Dates: Tues./Thurs., 7-7:45 p.m., June 28-Sept. 8

Location: Friendship Center, Room 118

Fee: \$80R/\$83NR/Members free! (#19344)

Lifting Workout (10 classes)

Tone and strengthen your whole body with group weight training workout done to music.

Dates: Wed., 9:30-10:30 a.m., June 29-Sept. 7

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/Members free! (#19350)

Zumba™ (Ages 16+) (10 classes)

A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. FUN!

Dates: Mon., 10:30-11:30 a.m., June 27-Sept. 19 (J) (#19406)

Wed., 10:30-11:30 a.m., June 29-Sept. 7 (A) (#19407)

Thurs., 10-11 a.m., June 30-Sept. 8 (J) (#19411)

*Thurs., 6:30-7:30 p.m., June 30-Sept. 8 (TBA) (#19408)

Sat., 10:30-11:30 a.m., July 2-Sept. 10 (J) (#19410)

Instructor Code: (A) Alicia, (J) Julie

Location: Friendship Center, Room 118/*East Annex

Fee: \$60R/\$63NR/Members free!

Zumba Gold w/Alicia (Ages 16+) (10 classes)

Zumba for active adults and the beginner participant.

Dates: Wed., 11:30 a.m.-12:15 p.m., June 29-Sept. 7

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/Members free! (#19319)

Couch to 5K w/Greg, C.P.T. (Ages 16+)

Training to prepare for the July 16th "Arts & Parks 5K Run" at the FC. Running and light body weight exercises. Bring water. Race details are on page 5.

Dates: Tues., 6-7 p.m., June 14-July 12

Location: Friendship Center, Outside

Fee: \$30R/\$33NR/Members Free! (#19318)

TRX Kettlebell: Circuit Conditioning w/Karen (18+)

Suspension training exercises & kettlebell conditioning intervals. Improve your strength, mobility and balance.

Session I: Tues./Thur., 9:15-10 a.m., June 28-Aug. 4 (#19312)

Session II: Tues./Thur., 9:15-10 a.m., Aug. 9-Sept. 22 (#19313)

Location: Friendship Center, Track/Room 112

Fee: \$70R/\$73NR/\$55M (12 classes)

Kettlebells & Bootcamp w/Karen (Ages 18+)

A dynamic full body conditioning workout that can burn calories like no other strength tool!

Session I: Mon./Wed., 6-7 p.m., June 29-Aug. 10 (#19316)

Session II: Mon./Wed., 6-7 p.m., Aug. 15-Oct. 3 (#19317)

Location: Friendship Center, Room 112

Fee: \$70R/\$73NR/\$55M (12 classes)

BABYSITTING AVAILABLE

Mon.-Sat., 9 a.m.-Noon Mon.-Fri., 4:30-8 p.m.

FREE FOR MEMBERS

Non-Member \$4 per child per hour

SPORTS / LEISURE

Family Movie Night at the Friendship Center

Kids! Wear your HERO p.j.s for some BIG family fun!


Date: Friday, June 24, 7:00 p.m. FREE!

Book Club at the Friendship Center

"The Girl on the Train" by Paula Hawkins. Free participation. Read the book in advance and join us for a group discussion.

Date: Tuesday, May 24, 7:00 p.m.

Adult Men's Open-Rec Basketball (18+) (10 weeks)

Pick-up program for fun/exercise. Call own fouls.  Must pre-register! Space is limited.

Dates: Tues., 7-8:30 p.m., June 28-Sept. 6 (#19322)

Thurs., 7-9 p.m., June 30-Sept. 8 (#19323)

-OR- Sat., 8-9:30 a.m., July 2-Sept. 10 (#19324)

Location: Friendship Center, Gym #2/#3

Fee: \$75R/\$80NR/Free to Members!

Intro to Hapkido/Tae Kwon Do w/Master Fox (Ages 16+) (6 classes)

Learn close quarters self-defense techniques while increasing self confidence, personal fitness, focus and stress management in a positive, goal oriented atmosphere.

Dates: Tues., 7-8 p.m., June 28-Aug. 2

Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

Fee: \$40R/\$45NR (#19398)

"Nitro Kick" w/Master Fox (Ages 16+) (5 classes)

Cardio kickboxing fun and fitness added together to burn baby burn those calories!

Dates: Thurs., 6:45-7:45 p.m., June 30-July 28

Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

Fee: \$40R/\$45NR (#19397)

Women's & Teen's Self Defense (Ages 12+) (4 classes)

Geared to develop defensive techniques.

Dates: Wed., 7-8 p.m., June 29-July 20

Location: Hbg. Inst. Tae Kwon Do, 5000 Linglestown Rd.

Fee: \$35R/\$38NR (#19396)

Pickleball

**MONDAYS, WEDNESDAYS,
FRIDAYS**

10:30 a.m.-12:30 p.m.

TUESDAYS / THURSDAYS

1:00 p.m.-3:00 p.m.

EVENING HOURS:

MONDAYS, 7:30 - 9:30 p.m.

WEDNESDAYS, 7:00 - 9:00 p.m.

Free to Members / Non-members: \$4

HIGHWAY EQUIPMENT & SUPPLY ARTS & PARKS 5K RUN & WALK

Saturday, July 16, 2016

At The Friendship Center

Race Begins at 8 a.m.

Registration at 6:30 a.m.

www.friendshipcntr.com



COUCH to 5K

Free to members! (see page 11)

Beginner Adult Ballet w/HAD (Ages 16+)

Helps tone and stretch your body while improving balance and posture in a fun and relaxing atmosphere.

Dates: Thurs., 8:30-9:30 p.m., July 7-Aug. 11

Location: Harrisburg Academy of Dance, 4409 Locust Ln.

Fee: \$61R/\$64NR (6 classes) (#19392)

Smart Phone 101 w/Sprint

Basics as well as more involved features will be covered for both Android and Apple smartphones.

Dates: Wed., June 15, 10-11 a.m. (#18881) or 6-7 p.m.

(#18882)

Wed., July 20, 10-11 a.m. (#18883) 6-7 p.m. (#18884)

Wed., August 17, 10-11 a.m. (#19328) 6-7 p.m. (#19329)

Location: Friendship Center, Social Hall

Fee: Free! Must Pre-register

Adult Golf w/Bumble Bee (4 classes)

Beginner: New golfer instruction on grip, stance, alignment, full swing, putting, chipping and equipment.

Dates: Tues., 5:30-6:30 p.m., May 31-June 21 (#19147)

Sat., 11 a.m.-12 p.m., July 9-30 (#19148)

Sat., 1-2 p.m., Sept. 3-24 (#19149)

Advanced Beginner: Build upon skills from beginners including the use of irons and woods, techniques to hit the ball longer and straighter, and short game.

Dates: Fri., 5:30-6:30 p.m., July 15-Aug. 5 (#19151)

Location: Bumble Bee Hollow

Fee: \$70R/\$73NR

Adult Beginner/Intermediate Tennis w/Mo C. (Ages 15+) (4 classes)

Learn proper grip, stroke techniques and body mechanics.

Court strategy introduced through play based games.

Session 1: *Fri. & Mons., 7-8 p.m., June 10, 13, 20, 27 (#19401) *Can register now!

Session II: Tues., 7-8 p.m., July 5-26 (#19402)

Location: Brightbill Park

Fee: \$50R/\$55NR

FAMILY, FUN & FITNESS



FAMILY SPOTLIGHT

~ The Karnash Family~

The Karnash family found their way to Central PA by fate. Stan came to the area from Pittsburgh through his first job, and Nicole eventually landed in Harrisburg after previously living in Colorado, Texas and Massachusetts. A blind date arranged by mutual friends at Crockenberries in 1991 led to their marriage the following year at St. Andrew's in the Valley Church. Their reception was at the Harrisburg Country Club. In 2000, after their daughter Noelle turned four and her sister Bailey turned two, the Friendship Center opened its doors. It was a perfect fit for the Karnash family, as they were expecting their third daughter Cami that year.



Over the next sixteen years the Karnash's enjoyed true family, fun and fitness as Friendship Center Charter Members. The family attended countless pool and birthday parties, participated in their favorite programs such as Zumba, Body Pump and Karen's Boot Camp, and enjoyed various special events like the Pink Parties. The Friendship Center has provided the Karnash family with recreational and fitness opportunities while developing friendships with other members and Friendship Center staff.

The Karnash girls are actively involved at Central Dauphin High School where they all currently attend. Bailey and Cami participate in various sports and also volunteer in their sister Noelle's classroom. Noelle, the oldest daughter, was diagnosed with a neurodevelopmental disease known as Rett's Syndrome. The disease affects only females and limits her ability to walk and talk, however she LOVES social interaction with everyone she meets. In an effort to raise awareness for Rett's Syndrome, Nicole began coordinating a Color Run in Hershey in 2014. Acquaintances and employees from the Friendship Center have participated in the events to support their efforts.

INTERESTED IN VOLUNTEERING FOR THE 2016 COLOR RUN HELD ON JUNE 4 & 5 AT HERSHEY PARK?

Go to: <http://www.eventbrite.com/e/the-color-run-volunteer-hershey-registration-21738225618?aff=RettSyndrome>

For every volunteer that works the Color Run will donate \$40
to Rettsyndrome.org (Must be 14+ to volunteer)



"THANK YOU"

TO OUR EASTER EVENTS SPONSORS!

Sprint	Bitting	Bishop McDevitt
McDonald's	Recreation	and Central
Hershey Foods	Kiwanis Club	Dauphin H.S.
ColorMeMine	Cake Pops	student volunteers
Five Below	by Sherry	

SPONSORSHIP OPPORTUNITIES

Businesses searching for creative, interactive ways to reach new, loyal and active customers are invited to partner with the Friendship Center and Parks and Recreation Department for great results. The cross-marketing opportunity benefits all those involved. We offer many sponsorship opportunities that can be tailored to your marketing goals and budget. Please contact the Recreation Office at 657-5635 for more information.

Employee Spotlight!

*Barb G. is the Special
Events Coordinator
for the Friendship
Center and Parks & Rec
Department!*

*Thank you for organizing
the events that are
enjoyed by so many in
the community!*



ONLINE REGISTRATION www.friendshipcntr.com
The Friendship Center now offers the convenience of online registration for many of your favorite programs.

SWIM LESSONS

**MEMBERS
REGISTER
EARLY!!**

FEES FOR GROUP SWIM LESSONS: \$55M / \$82R / \$85NR (8 classes)

Registration begins at 6:00 a.m. June 6 (for Members) & June 8 (for Non-Members)
at the Friendship Center (717-657-5635) or Online (www.Friendshipcntr.com).

Classes are 40 minutes in length. Levels up to Angel Fish II use the Rec Pool; Levels Blue Fish through Adult use the Lap Pool. Children who are not potty trained are required to wear swim diapers.

SUMMER SESSION DATES

Mondays, June 20 - August 15
Tuesdays, June 21 - August 9
Wednesdays, June 22 - August 10

Thursdays, June 23 - August 11
Saturdays, June 25 - August 13
Sundays, June 26 - August 14

Parent/Tot I (Ages 3 & under)

Orientation to water awareness and safety. Parent/child.

Tues., 9:30 a.m. (#19243)
Tues., 5:00 p.m. (#19244)
Wed., 9:30 a.m. (#19245)
Sat., 10:10 a.m. (#19246)
Sat., 11:00 a.m. (#19247)

Parent/Tot II (Ages 3 & under)

Pre-requisite: Parent/Tot I.
Water safety and beginning water skill development. Parent/child.

Tues., 10:10 a.m. (#19248)
Tues., 5:40 p.m. (#19249)
Wed., 10:10 a.m. (#19250)
Thurs., 7:00 p.m. (#19253)
Sat., 9:40 a.m. (#19252)

Twos Tots (Age 2)

Pre-requisite: Parent Tot I/II (no exceptions).

Mon., 5:40 p.m. (#19254)
Tues., 10:50 a.m. (#19255)
Sat., 11:30 a.m. (#19256)

Tiny Tots (Age 3)

Beginner skill development and water safety.

Mon., 9:30 a.m. (#19257)
Wed., 10:50 a.m. (#19258)
Wed., 5:00 p.m. (#19259)
Thurs., 10:10 a.m. (#19260)
Sat., 8:10 a.m. (#19261)
Sat., 10:50 a.m. (#19262)

Angel Fish I (Ages 4 & up, not able to swim)

Beginner skills and water safety.

Mon., 10:10 a.m. (#19266)
Mon., 5:00 p.m. (#19263)
Mon., 6:20 p.m. (#19264)
Tues., 6:20 p.m. (#19265)
Thurs., 9:30 a.m. (#19267)
Thurs., 5:00 p.m. (#19270)
Sat., 8:50 a.m. (#19268)
Sat., 10:20 a.m. (#19271)
Sun., 12:10 p.m. (#19269)

Angel Fish II (Ages 4 & up)

Pre-requisite: Angel Fish I
Floating, freestyle and back stroke.

Mon., 10:50 a.m. (#19277)
Tues., 7:00 p.m. (#19276)
Wed., 5:40 p.m. (#19272)
Thurs., 5:40 p.m. (#19273)
Sat., 8:20 a.m. (#19274)
Sat., 9:30 a.m. (#19278)
Sun., 12:50 p.m. (#19275)

Blue Fish (Ages 4 & up)

Pre-requisites: jump into water, swim 1/2 length on stomach and back.
Develop freestyle, back stroke, rhythmic breathing & treading water.
Progresses from Rec to Lap pool.

Mon., 7:00 p.m. (#19279)
Thurs., 10:50 a.m. (#19281)
Thurs., 6:20 p.m. (#19280)
Sat., 9:00 a.m. (#19282)
Sun., 1:30 p.m. (#19283)

Cat Fish

Pre-requisites: Tread water, swim length of Lap pool on stomach and back, surface dive and retrieve ring. Continue stroke development and learn breast stroke.

Wed., 7:00 p.m. (#19284)
Sat., 11:40 a.m. (#19285)
Sun., 2:10 p.m. (#19286)

Dolphins

Pre-requisites: Cat Fish requirements plus swimming breast stroke for one lap. Further stroke development.

Thurs., 5:30 p.m. (#19287)
Sun., 2:50 p.m. (#19288)

Eels

Preparation for competitive swimming. Learn butterfly stroke and increase distance.

Thurs., 6:10 p.m. (#19289)
Sun., 2:50 p.m. (#19290)

Adult Learn to Swim (Ages 16 & up)

Basic skills of swimming.

Wed., 6:20 p.m. (#19291)

NOTHING CANCELS A PROGRAM FASTER...

than people waiting until the last minute to register for it! All programs have a minimum enrollment — and if we don't reach the minimum by a certain date, the class gets cancelled.

Please don't delay, register today!

SWIM LESSONS (CONT.) / AQUATICS



World's Largest Swimming Lesson

Friday, June 24 at 10:00-10:30 a.m.

FREE!

Tens of thousands of kids at aquatic facilities around the world will unite for this one day event to set a new Guinness World Record. The Friendship Center will be an official Host Location for the WLSL 2016 event!

30 Minute Lesson with a certificate recording their place in the World Records.

Pre-registration is required. Ages 4 and up. (#19439)

Lesson will be held at the Friendship Center Lap Pool.

Private Swim (All Ages/Levels) (6-1/2 hour lessons)

Instructors available to provide private swim lessons from learning to swim to competitive level.

Dates: By arrangement, registrants will be contacted.

Location: Friendship Center, Pool

Private: \$190R/\$200NR/\$140M (#19296)

***Semi-Private (per person):** \$128R/\$133NR/\$98M (#19299)

***Tri-group (per person):** \$121R/\$126NR/\$86M (#19302)

***Group-Private (class of 4):** \$115R/\$120NR/\$75M per person (#19305) (*must register as group)

Note cancellation policy when registering!

PADI Discover Scuba (Ages 12+)

Intro to scuba in a highly supervised manner. Learn dive safety, and equipment. Give it a try w/Ron Willis.

Date: Sunday, August 7, 1-3:30 p.m.

Location: Friendship Center, Lap Pool

Fee: \$18R/\$21NR/\$15M (#19292)

Masters Swimming

Swimming is great exercise; practicing with a group is fun and motivating. Come when you can. It's your own pace!

Dates: Mon., 6-7 p.m. and Wed., 8-9 p.m., ongoing

Location: Friendship Center, Lap Pool

Fee: Free to Members/\$8 Drop-In

Shallow Water Lifeguard Certification (Ages 15+)

This Red Cross course includes lifeguarding (shallow water only-up to 5 feet), first aid, CPR, and AED certifications that are good for 2 years. Part-time lifeguard shifts at the FC are ideal for active retirees and college students. Bring swimsuit/towel to each class.

Pre-requisites: Tread water for 2 minutes, swim 4 laps, retrieve brick in 5 feet deep water and bring it to edge of pool (can walk it back).

Dates: Mon.-Fri., 4-9 p.m., June 13-17

Location: Friendship Center

Fee: \$210R/\$215NR/\$190M (#19429)

Aquacise

Tone, strengthen & build cardio with little stress on joints.

Dates: (1 day per week) (10 classes)

Tues., 7-8 p.m., June 28-Sept. 6 (Ja) (#19432)

*Wed., 10:45-11:45 a.m., June 29-Sept. 7 (Ja) (#19433)

Fee: 1/week (10 classes) \$60R/\$63NR/Members free!

Dates: (2 days per week) (20 classes)

Mon./Wed., 7-8 p.m., June 27-Sept. 14 (J) (#19295)

*Tues./Thurs., 6:05-7:05 a.m., June 28-Sept. 8 (R) (#19294)

Tues./Thurs., 9:30-10:30 a.m., June 28-Sept. 8 (B,C) (#19431)

Fee: 2/week (20 classes) \$80R/\$83NR/Members free!

Location: Friendship Center, Lap Pool, *Therapy Pool

Instructor Code: (B) Bonnie, (C) Cindy, (Ja) Jamie,

(J) Joanne, (R) Roxane

Aqua Light w/Jo (10 classes)

Slower paced low impact aquacise incorporating stretching, flexibility, balance and coordination exercises.

Dates: Mon., 10:45-11:45 a.m., June 27-Sept. 19

Location: Friendship Center, Therapy Pool

Fee: \$60R/\$63NR/Members free! (#19434)

Tone That Stomach w/Roxane (10 classes)

Strengthen and flatten all the various stomach muscles; uses varied equipment and shallow water floor exercises.

Dates: Fri., 6:05-7:05 a.m., July 1-Sept. 9

Location: Friendship Center, Therapy Pool

Fee: \$60R/\$63NR/Members free! (#19293)

Aquatic Arthritis w/Mary Jo (20 classes)

Range of motion exercise for flexibility/coordination.

Dates: Tues./Thurs., 10:45-11:45 a.m., June 28 - Sept. 8

Location: Friendship Center, Therapy Pool

Fee: \$80R/\$83NR/\$55M (20 classes) (#19372)

Friendship Center

FREE Fitness Classes ~

Helpful Tips

- ① Pre-register / reserve your spot; Member Registration begins June 6 at 6 a.m.
- ② Members can drop-in to a Friendship FREE class if space is available. Stop by the Service Desk for a pass.
- ③ Classes are designed for ages 16+. Youth ages 13-15 may register and attend if they are accompanied by a parent.

RENTALS



**ASK ABOUT THE NEW
PAINT & CREATE
PARTY PACKAGES**

Party Packages Available April 1 - October 31

3 HOUR PARTY PACKAGE
Splash n' Dash: \$236M/\$282R/\$304NR
Stay n' Play: \$223M/\$268R/\$288NR
Kids Swim & Indoor Gym: \$265M/\$317R/\$341NR

2 HOUR POOLSIDE PACKAGE
Deck Side Fun: \$334M/\$360R/\$386NR
(30 person limit)

A LA CARTE RATES / HOUR
Leisure Pool: \$135M/\$160R/\$174NR
Basketball Court: \$68M/\$81R/\$82NR
Multi-Purpose Room: \$52M/\$63R/\$67NR

*For info contact Joc at jgrant@lowerpaxton-pa.gov
2 week advance notice required.*

Lower Paxton Twp. Parks & Recreation

(Located in the Friendship Center)

Open Monday - Friday, 8 a.m.-5 p.m.

717-657-5635

Please contact us for:

***DISCOUNTED AMUSEMENT PARK / SKI TICKETS**

Cash and Charge only, No Checks

***2016 PARK PAVILION RENTALS**

Stop in or call ext. 103.

***2016 BALL FIELD / COURT RENTALS**

For 2016 reservation request information please call ext. 109.

PERSONAL TRAINING



BENTZ



DAVE

BASIC FEES:

\$44 Member/\$49 Non-Member (per hour)

\$30 Member/\$35 Non-Member (per 1/2 hour)

Buddy Training (2 people w/trainer)

\$34 per Member/\$39 per Non-Member (per hour)

\$24 per Member/\$29 per Non-Member (per 1/2 hour)

"6 pack" Training (purchase 6 at one time)

\$264 Member/\$294 Non-Member (per hour)

\$180 Member/\$210 Non-Member (per 1/2 hour)

Call 657-5635 for more information.

BENTZ — DAVE

Certified fitness professionals for personal training

The Exclusive "Max Makeover" w/Bentz

16 week program which includes fitness/nutrition coaching, body fat testing, fitness assessment, exercise prescription, free nutrition plan, customized exercise DVD, nutrition book and training log.

Date: By appointment at Friendship Center

Fee: Friendship Center Training Fees

FINANCIAL ASSISTANCE

The Friendship Center financial assistance program has provided many opportunities for the community with programming and membership. Donations are needed to continue to offer assistance to those in need. Contact 657-5635 for more information.

Road to Emmaus
Church



2213 FOREST HILLS DR.
HARRISBURG, PA 17112
717-377-6814

WWW.ROADTOEMMAUS.CHURCH



WELLNESS

ARE YOU LOOKING TO GET THE MOST OUT OF YOUR FRIENDSHIP CENTER MEMBERSHIP?

- Our wellness coach and personal trainers are available to help!
- Join the Couch to 5K team - see page 11!
- Drop in to a Friendship FREE fitness class by picking up a pass at the service desk.

Wellness Coach Training w/Staff

Come get started on fitness goals. All ages can benefit from our personalized services. Here is a sampling: fitness, general nutrition, time management, varying your exercise regimen and fitness motivation.

Fee: \$42M/\$47NM (per hour)
\$29M/\$34NM (per ½ hour)

Free Injury/Balance Assessments

Are you struggling with pain and/or a nagging injury? Poor balance? You may benefit from a clinical assessment at Drayer Physical Therapy Institute's Colonial Park office. No appointment is necessary. Screening by a Physical Therapist who can let you know your options, which may include self-management techniques, physical therapy, or possibly further medical care. Call 540-1189.

Metabolism Matters

Metabolism is the total number of calories burned each day and can be influenced by factors such as age, gender, body weight, hormones, and medications. Drayer Physical Therapy Institute offers metabolic testing to determine an individual's unique caloric budget. A personalized report and referral for nutritional counseling may be provided.

Date: By arrangement; participants will be contacted

Location: Drayer Physical Therapy Institute

Fee: \$46R/\$49NR/\$42M (#19436)

MASSAGE THERAPY

Swedish Massage

1/2 Hour — \$30 Member/\$35 NM
1 hour — \$50 Member/\$60 NM

Deep Tissue/Neuromuscular

1/2 Hour — \$40 Member/\$45 NM
Hour — \$60 Member/\$70 NM

Neck & Shoulder Massage

1/2 Hour — \$35 Member/ \$45 NM



Richard



POST REHAB & INJURY PREVENTION SPECIALIST

TOM KANE

PTA, CPT, FMS, CAFS
3DMAPS

Bridging the gap between rehab to fitness and performance/skill camps.

Tom is passionate about promoting efficiency of movement while guiding individuals towards achieving their personal fitness/wellness goals.

SPECIALIZES IN:

- * Movement Analysis * Post Rehab Training
- * Pre Sports Participation Screen
- * Injury Prevention * Fitness/Wellness Screens

SERVICES OFFERED:

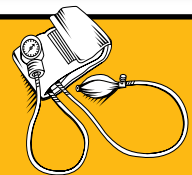
- * Functional Movement Screen * Y Balance Test
- * Return to Sports Testing
- * Sports Injury Test with Video Analysis
- * Sportsmetrics * Speed and Agility Testing

Dates: By arrangement; participants will be contacted

Location: Friendship Center

Fee: \$55 Member/\$60 Non-Member (per hour)

SPECIAL! EVERY TUESDAY

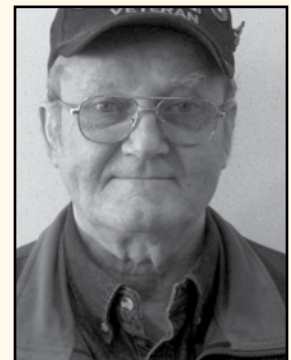


All are welcome to receive **FREE** body fat testing, weigh-ins and blood pressure screening at the Friendship Center.
Tuesdays, 10 a.m.-12 p.m.

FC Members of the Month



Tracey Bender
March



Thomas Emporer
April

ACTIVE ADULTS & SILVER AND FIT™

*We proudly participate
in health insurance programs:*

**SILVER AND FIT™
SILVER SNEAKERS
FOREVER FIT & PRIME
GLOBAL FIT**

*Find out if your insurance covers a membership
to the Friendship Center — 657-5635*

Total Body Workout or * Chair Yoga For Older Active Adults/Silver and Fit™

Silver and Fit is a total-body workout program for active individuals combining aerobic, flexibility, and strength training in a positive energizing environment. Exercises are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength, and cardiovascular endurance. The yoga class provides all the benefits of traditional yoga while standing or sitting in a chair. Please bring a yoga mat. (45-50 minutes)

Dates: Tues., 8 a.m., June 28-Sept. 6 Strength (B) (#19330)

*Tues., 11:15 a.m., June 28-Sept. 6 Yoga (Be) (#19331)

*Tues., 12:30 p.m., June 28-Sept. 6 Yoga (Be) (#19336)

Thurs., 8 a.m., June 30-Sept. 8 Strength (B) (#19332)

Thurs., 11:15 a.m., June 30-Sept. 8 Strength (J) (#19333)

*Thurs., 12:15 p.m., June 30-Sept. 8 Yoga (Be) (#19337)

Fri., 10:15 a.m., July 1-Sept. 9 Strength (J) (#19334)

*Fri., 11:15 a.m., July 1-Sept. 9 Yoga (Be) (#19335)

Location: Friendship Center, Room 118

Fee: \$60R/\$63NR/\$40M (10 classes)

Silver and Fit/Silver Sneakers/Forever Fit members free, must pre-register.

Instructor code: (B) Barb, (Be) Becky, (J) Julie

Active Adult Track Walking (60+) \$3 per visit

Enjoy the indoor setting in our gymnasium with track walking on your own and at your pace.

Dates: Every Tuesday and Thursday, 7 a.m.-10 a.m.

Check-in at service desk.

**If you are a health insurance member,
please visit us and utilize
your membership.**

REMEMBER TO SCAN YOUR CARD!

FRIENDSHIP SENIOR CENTER

A. Senior Center/East Annex (657-1547)

Mon.-Fri., 7 a.m.-3:30 p.m. Seniors may come for programs, socialization, cards, and leisure activities (Desk hours 7:30 a.m.-1 p.m.)

B. Senior Eligibility

The Senior Center is open to seniors 60 years and older at \$10 per year. Seniors do not need to be members of the Friendship Center or residents to participate.

Scheduled Weekly Activities

MONDAY	8:00-9:00 a.m. - Light Aerobics 8:30 a.m. & 11:45 a.m. - Aquacise (\$3/class) 10:00-11:00 a.m. - Tai Chi 1:30-2:30 p.m. - Line Dancing (\$3)
TUESDAY	8:00-9:00 a.m. - PEPPI/HSIM 8:30-9:30 a.m. - Free Blood Pressure (1st Tues.) 8:40 a.m. - Aquacise (\$3/class) 9:00-11:00 a.m. - Group Knitting & Crocheting 12:30 p.m. - Cash Bingo 1:00-2:00 p.m. - Lap Swimming/Walking (\$3)
WEDNESDAY	8:00-9:00 a.m. - Light Aerobics 8:30 a.m. & 11:45 a.m. - Aquacise (\$3/class) 9:00 a.m.-12:00 p.m. - Casual Art Class w/Marty 10:00-11:00 a.m. - Spanish Class 12:00 p.m. - Mah Jongg 1:00-2:00 p.m. - Tai Chi
THURSDAY	8:00-9:00 a.m. - PEPPI/HSIM 8:40 a.m. - Aquacise (\$3/class) 10:00 a.m. - Scrabble 10:00-11:00 a.m. - German Class 10:30-11:30 a.m. - Italian Class 12:30 p.m. - Group Sewing & Crafting 1:00-2:00 p.m. - Lap Swimming/Walking (\$3) 1:30-2:30 p.m. - Line Dancing (\$3)
FRIDAY	8:00-9:00 a.m. - Light Aerobics 8:30 a.m. & 11:45 a.m. - Aquacise (\$3/class) 9:30 a.m. - Bridge Class w/ Mr. Henning 12:30 p.m. - Group Knitting and Crocheting

Card Playing Daily: 8:00 a.m. - 3:00 p.m.

Bridge and Chess Groups, day/time varies, ask at desk.

Computer lessons available by appointment, ask at desk.

SENIOR VAN SERVICE

**Please Call 657-5650
CAT Share A Ride: 232-6100**

Lower Paxton Township Senior Citizens (60 & older) Van Service for medical appointments, shopping and other necessary transportation. Available Mon.-Fri., 8 a.m.-3:30 p.m. Call between 8 a.m.-12 noon. Anyone 21 years or older interested in volunteering as a Dispatcher or Driver, please call the Van Service.

PROGRAM REGISTRATION AND PROCEDURES

4 WAYS TO REGISTER . . .

- **BY MAIL** — Complete the registration form below and mail with payment to the L.P. Parks and Recreation, 5000 Commons Drive, Harrisburg PA, 17112. Please include a self-addressed, stamped envelope if you want confirmation of your registration. Note: Mail-in registrations are not processed until 5 p.m. on the specified day of registration unless participant phones in on the day registration begins to activate registration earlier.
 - **BY PHONE** — Call with your Visa or Master Card (\$10 minimum) during operating hours at **657-5635**.
 - **WALK-IN** — Registrations accepted at the Friendship Center, 5000 Commons Drive.
 - **NEW! ONLINE** — go to www.friendshipcntr.com to view and register for many of our programs.
1. **Friendship Center members** may register for all programs offered at the Friendship Center beginning Monday, June 6, at 6:00 a.m.
 2. Registration for **Aquatics** programs begins Wednesday, June 8, at 6:00 a.m.
Registration for **all other programs and classes** begins Friday, June 10, at 6:00 a.m.
 3. No programming discounts will be available.
 4. A 10% service charge will be deducted from all approved refunds. A prorated refund will be issued for any requests after the first class date from the date the office is notified. Refunds for one-day activities are not possible after the event. Refunds take about 3 weeks for processing and are mailed to the original payer.
 5. The Friendship Center and the Parks and Recreation Department reserve the right to cancel activities. Full refunds are given for any canceled programs.
 6. Fee Structure: R=Resident, NR=Non Resident, M=Friendship Center Member.
 7. Registration for a multi-session class is closed after the second meeting of the class.

MAIL-IN REGISTRATION FORM

Activity Name _____ Code _____
Date(s) _____ Fee: RE _____ NR _____ M _____
Name(s) _____
Address _____
City _____ Zip _____
Home Phone _____ Work _____
Township Resident? Yes/No Male/Female _____
Friendship Center member? Yes/No
Parent's Name _____ Child's Birth date _____ (if applicable)

Make checks payable to:

Lower Paxton Township Parks and Recreation
5000 Commons Drive, Harrisburg, PA 17112

ONE ACTIVITY PER FORM PLEASE

**Forms are processed at the end of the business day
received, but not before registration date.**

MAIL-IN REGISTRATION GUIDELINES

The Lower Paxton Township Parks and Recreation Department encourages registration by walk-in, mail-in, online or by phoning 657-5635 (with Visa, Master Card).

Please note:

ALL MAIL-IN REGISTRATIONS are not processed until 5 p.m. on the specified day of registration.

FC Members (All FC Programs) Monday, June 6

Aquatics Programs Wednesday, June 8

All Other Programs Friday, June 10

This mail-in registration does not guarantee a place in the program. Registrations are processed on a first-come, first-served basis.

SAVE THIS SCHEDULE FOR FUTURE REFERENCE!

Friendship Center Members' ~~FREE~~ Classes



2016 SUMMER SESSION SCHEDULE

— EFFECTIVE JUNE 26, 2016 —

(Non-Members Walk-in only \$8 per class) Fitness / *Aquatic

Sundays

12:00 pm Yoga

Mondays

8:30 am Senior Spin

10:30 am Zumba

10:45 am *Aqua Light

4:30 pm Low Impact

5:30 pm Spin

6:00 pm 50+ Fitness

6:00 pm *Masters Swimming

6:00 pm Combo

7:00 pm Spin Bootcamp

7:00 pm *Aquacise

7:00 pm Abs, Back & Legs

Tuesdays

5:45 am Spin

6:05 am *Aquacise

9:30 am *Aquacise

10:00 am Beginner Yoga

5:00 pm Metabolic Express

5:30 pm Yoga

6:15 pm Spin

7:00 pm *Aquacise

7:00 pm Fit Mix

Wednesdays

8:30 am Senior Spin

9:30 am Lifting Workout

10:30 am Zumba

10:45 am *Aquacise

11:30 am Zumba Gold

2:00 pm Gentle Yoga

6:00 pm Combo

6:30 pm FC-X Live!

7:00 pm *Aquacise

7:00 pm Spin

8:00 pm *Masters Swimming

Thursdays

5:45 am Spin

6:05 am *Aquacise

9:00 am Yoga

9:30 am *Aquacise

10:00 am Zumba

5:00 pm Metabolic Express

5:30 pm Beginner Yoga

6:15 pm Spin

6:30 pm Zumba

7:00 pm Fitness Mix

Fridays

6:05 am *Tone that Stomach

8:30 am Senior Spin

Saturdays

10:30 am Zumba

**** Class schedule subject to change at management's discretion. Members must pre-register or obtain a Drop-in pass for free classes.**

BABYSITTING AVAILABLE - FREE FOR MEMBERS!

Non-Member — \$4 per child per hour

Babysitting Hours: Mon.-Fri., 9 a.m.-12 noon • Mon.-Fri., 4:30-8 p.m. • Sat., 9 a.m.-noon — For more info call 657-5635

www.friendshipcntr.com

WHETHER YOU'RE BUILDING A NEW HOME
OR UPDATING YOUR CURRENT CASTLE....

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Interior And Exterior
Electrical Needs,
Call 717-545-9607

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Trapper Woody's Nuisance Wild Animal Removal

Removal of Nuisance Wild Animals-Ground
Hogs, Rabbits, Racoons, Skunks, Possums,
Squirrels, Snakes, Birds.
Snapping Turtles from July 1-October 31
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